

DINNERLY



20-Minute Harissa Chicken with Vegetable Couscous Salad



20 minutes



2 Servings

Fast flavour is guaranteed with this fabulous Moroccan meal. Flash-fry chicken with a tasty coating of harissa and lemon, then serve with fluffy couscous tossed with zucchini and capsicum.

WHAT WE SEND

- 1 lemon
- 1 zucchini
- 1 red capsicum
- 5g harissa seasoning ¹⁷
- free-range chicken tenderloins
- 150g couscous ¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 180ml (¾ cup) boiling water
- 2 tsp red wine vinegar ¹⁷
- 1 tsp honey

TOOLS

- fine grater
- julienne peeler or box grater
- medium frypan

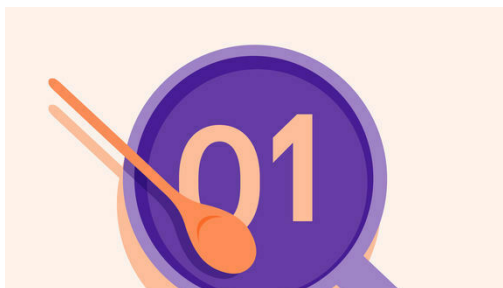
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

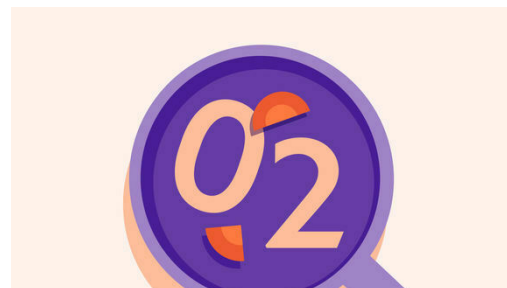
NUTRITION PER SERVING

Energy 650kcal, Fat 20.6g, Carbs 61.6g, Proteins 45.1g



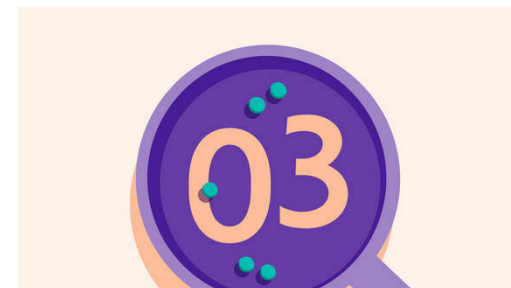
1. Prep ingredients

Finely grate the zest of **half the lemon***, then juice the half. Shred the **zucchini** using a julienne peeler or coarsely grate with a box grater. Cut the **capsicum** into 3cm chunks (see Make it yours). Crush or finely chop **1 garlic clove**.



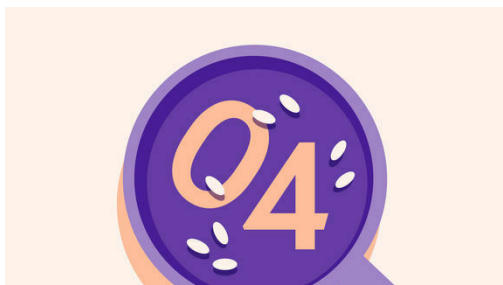
2. Marinate chicken

Put the **garlic, lemon zest, two-thirds of the lemon juice, 2 tsp harissa seasoning** (see Make it yours) and a **generous drizzle of olive oil** in a large bowl. Season with **salt and pepper** and stir to combine. Add the **chicken** and toss to coat.



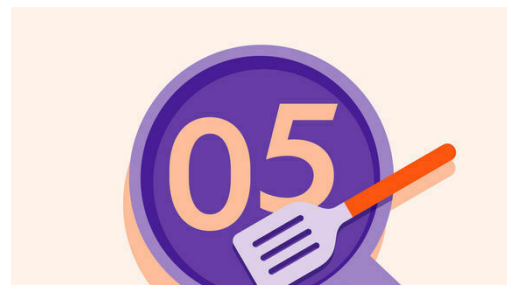
3. Soak couscous

Put the **couscous** in a large heatproof bowl, pour over **180ml (¾ cup) boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork.



4. Pan-fry chicken

Meanwhile, heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through.



5. Serve up

Put a **generous drizzle of olive oil**, the **remaining lemon juice, 2 tsp red wine vinegar** and **1 tsp honey** in a bowl. Season with **salt and pepper** and whisk to combine. Add the **dressing, zucchini and capsicum** to the couscous and toss to combine. Taste, then season with **salt and pepper**. Divide the **couscous salad** and **chicken** among plates and enjoy!



6. Make it yours

Like soft, cooked capsicum instead of crisp and raw? Easy. Simply add the capsicum to the pan with the chicken. ~ Harissa contains chilli, so add more or less to taste, depending on your palate.